

MUNSTER SC CHAMPIONSHIPS 2015
2A-15/16-M005

DATES : 1st. & 2nd. November **VENUE :** UL

TIMES : Warm Up Saturday 12.00 noon. Start 1.00p.m.
Warm Up Sunday 9.00 a.m. Start 10.00 a.m.

FEES : € 6.00 per individual event, €20.00 per relay event.

FEES MUST BE RECEIVED PRIOR TO THE GALA

CLOSING DATE : Friday, 16th. October 2015.

QUALIFYING TIMES : Swimmers who qualify for one event may also enter the 200m B/C, Brs and/or Fly irrespective of qualifying times. Failure to reach the qualifying time will result in a fine of €5 if the submitted time cannot be proved.

FINALS : There will be 1 U/14 Final and 1 Open Final in 50m and 100m events ONLY.
All other events will be HDW. Medals will be presented in U/14 and Open category.

LATE ENTRIES WILL NOT BE ACCEPTED

SESSION 1

1. Mens 1500m Freestyle HDW
 2. Womens 400m Freestyle HDW
 3. Mens 100m Ind. Medley
 4. Womens 100m Ind. Medley
 5. Mens 50m Freestyle
 6. Womens 50m Freestyle
 7. Mens 200m Backcrawl HDW
 8. Womens 200m Backcrawl HDW
 9. Mens 4x100m F/C Relay HDW
 10. Womens 4x100m F/C Relay HDW
- Finals of 3,4,5,6,

SESSION 3

21. Womens 800m Freestyle HDW
 22. Mens 400m Freestyle HDW
 23. Womens 50m Butterfly
 24. Mens 50m Butterfly
 25. Womens 100m Backcrawl
 26. Mens 100m Backcrawl
 27. Womens 200m Breaststroke HDW
 28. Mens 200m Breaststroke HDW
 29. Womens 4x100m Med. Relay HDW
 30. Mens 4x100m Med. Relay HDW
- Finals of 23,24,25,26,

SESSION 2

11. Mens 200m Ind. Medley HDW
 12. Womens 200m Ind. Medley HDW
 13. Mens 50m Backcrawl
 14. Womens 50m Backcrawl
 15. Mens 100m Breaststroke
 16. Womens 100m Breaststroke
 17. Mens 200m Butterfly HDW
 18. Womens 200m Butterfly HDW
 19. Mens 100m Freestyle
 20. Womens 100m Freestyle
- Finals of 13,14,15,16,19,20

SESSION 4

31. Womens 400m Ind. Med HDW
 32. Mens 400m Ind. Med HDW
 33. Womens 50m Breaststroke
 34. Mens 50m Breaststroke
 35. Womens 200m Freestyle HDW
 36. Mens 200m Freestyle HDW
 37. Womens 100m Butterfly
 38. Mens 100m Butterfly
 39. Mens 4x200m F/C Relay HDW
 40. Womens 4x200m F/C Relay HDW
- Finals of 33,34,37,38

MUNSTER CHAMPIONSHIPS

QUALIFYING TIMES

14&U	MALE	EVENT	FEMALE	14&U
29.77	28.42	50m Freestyle	31.66	33.17
1.05.57	1.03.59	100m Freestyle	1.09.73	1.13.05
2.24.63	2.18.06	200m Freestyle	2.31.72	2.38.92
5.07.49	4.54.51	400m Freestyle	5.19.06	5.34.25
11.00.00	10.30.00	800m Freestyle	10.51.43	11.22.45
19.50.55	18.55.96	1500m Freestyle	21.00.00	22.00.00
35.33	34.77	50m Backcrawl	37.24	39.01
1.14.71	1.11.41	100m Backcrawl	1.18.49	1.22.23
2.43.93	2.36.48	200m Backcrawl	2.44.43	2.52.26
39.78	37.97	50m Breaststroke	41.54	43.52
1.23.03	1.19.26	100m Breaststroke	1.28.20	1.32.40
3.04.54	2.56.15	200m Breaststroke	3.11.20	3.20.31
33.47	31.95	50m Butterfly	35.93	37.66
1.12.69	1.09.39	100m Butterfly	1.19.03	1.22.79
2.51.27	2.43.48	200m Butterfly	2.59.10	3.07.63
1.19.45	1.15.84	100m Ind. Medley	1.21.67	1.25.56
2.42.23	2.34.86	200m Ind. Medley	2.48.53	2.56.56
5.53.74	5.37.67	400m Ind. Medley	5.57.85	6.14.87

**ONLY 1 JUNIOR & 1 SENIOR RELAY PER CLUB PER EVENT IS
PERMITTED**

POOL RULES

In order to comply with health and safety standards within swimming pool and at the request of a number of pool managers the following rules must be complied with

- 1. All swimmers must wear hats**
- 2. No outdoor shoes to be worn on the pool deck.**
- 3. Swimmers are not permitted on the balcony or stairs in wet gear.**
- 4. Adequate supervision of competitors must be in place at all times.
Chaperones/Managers must be appointed for each club. Any damage caused to the complex will be charged to the club involved.**
- 5. Where lockers are provided these should be used. Unattended belongings may be removed by staff.**
- 6. Litter bins should be used.**
- 7. Parking should be in designated areas ONLY.**
- 8. Leisure centres / pools should be treated with respect.**